

Contract Agreement

In order to maximize progress, it will be necessary for you to follow program guidelines during supervised and unsupervised training days. During your exercise program, every effort will be made to ensure your safety. However, as with any exercise program, there are inherent risks, including increased heart stress and chance of musculoskeletal injuries. In signing up for this program, you agree to assume responsibility for the mentioned inherent risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program.

A physician's examination may be mandatory for (1) participants with any exercise restrictions, (2) all men 45 years or older and all women 55 years and older. Personal training participants in either or both of these categories who do not have a prior physician's examination **MUST** acknowledge that they have been informed of its importance. By signing below, you accept full responsibility for your own health and well-being and you acknowledge an understanding that no responsibility is assumed by the leader of this program and by Talon Fitness.

It is recommended that all program participants work with their trainer three times per week. However, due to scheduling conflicts and financial considerations, a combination of supervised and unsupervised workouts is possible.

- 1) **Cancellations** you must cancel a session 24 hours in advance or you will forfeit a paid session. Make your client/trainer contact information is known by both parties. If you can't contact your trainer then text Chris LaFree at (574) 309-6678.
- 2) **No Show** If either party fails to give 24 hour notification or cancellation, then restitution would be forfeiting a paid session (client), giving an extra session in addition to their regular sessions to the client (trainer).
- 3) Personal trainers having more than one no show within a quarter, will automatically be giving their due process in lieu of the department disciplinary process. Client, please inform the fitness coordinator if this incident occurs. Chris LaFree at (574) 309-6678.

- 4) **Late Shows** a 15 minute rule will apply for scheduled appointments. If you don't show within 15 minutes past your scheduled appointment, the personal trainer will not be obligated to train you on that particular day. If the trainer decides to leave you will forfeit a paid training session. If the trainer stays and you show up, they will only train you for the remainder of the scheduled training hour.
- 5) All remaining training sessions will expire 3 months from the date of this contract.
- 6) No personal training refunds will be issued for any reason.
- 7) Your paid sessions are to be used by you and you alone and are not transferable to any other client or patron.
- 8) There is "buddy training" now for students only. You may share the cost of hiring a personal trainer. This is limited to two participants only.

Participants Name (Printed) _____

Participants Signature _____

Date _____

Witness (Trainer) _____

Witness Signature _____

Date _____